

Feeling blue, hopeless, alone?



**When it seems like there's
no hope, there is help.**

**If you or someone you know is thinking about suicide,
call the National Suicide Prevention Lifeline:**

**1-800-273-8255 (TALK)
With help comes hope.**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

**NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org**